



YONKERS SENIOR OUTLOOK

An overview of Senior Citizen Recreation in the City of Yonkers



SENIOR CITIZEN RECREATION WINTER/ SPRING 2015

Retired? Tired of being home? Come out to our Senior Centers! Make friends, socialize and have a great time all year round. Senior Center members enjoy luncheons, trips, card playing, bingo, parties, billiards, and much more. There are 3 Components to the Senior Recreation Program: **Senior Centers, Specialist Programs, Seasonal Events**

- The Yonkers **Senior Centers** are located throughout the city. Senior Citizen Recreation is free for all Yonkers residents 60 years & older. Each Senior Center is completely different. When visiting a Senior Center ask to see the leader. The leader will show you around and introduce you to other members. They will go into detail on the different Senior Center activities.
- The **Specialist Programs** are free recreation classes including fitness and artistic classes. Most classes run for 10 weeks in the Fall and 15 weeks in the Winter/Spring months. These programs are open to residents 60 years or older. Registration is not required. Simply drop in and take a class. Driver Defense Courses and the Arts & Crafts program do require phone registration.
- The Parks Department hosts free **Seasonal Events** throughout the year to bring all the Senior Centers together. This is also a great way to meet new friends throughout the city. Some of our seasonal events include: Senior Halloween Hop, Senior Spring Dance, Senior Picnic, and Senior Golf Tournament.



For more information on our senior programs, classes, and events, please call **Marian Marji, Recreation Supervisor**
Monday through Friday from 9 am - 4 pm at **377-6444**



Membership for the Yonkers Senior Centers is free and available to all Yonkers residents 60 years of age and older. Non-residents are invited to join our Centers for a nominal fee – please see Senior Leader for more information. All potential new members should ask to speak with the Center's Leader. The Leader will show you around, introduce you to other members, and go over center activities offered. For more information on our Senior Programs, Classes and Events, please call Recreation Supervisor, Marian Marji Monday through Friday from 9AM to 4PM.

SENIOR GROUP #2

Grinton I. Will Library

Senator Flynn Room
1500 Central Pk. Ave.
Phone: 337-1500 press 1 then 348
Monday-Friday 12:30 - 4:30 pm
This site is in a small room which allows for a coffee hour, card playing and bingo.

SENIOR GROUP #3

Coyne Park Community Center

777 McLean Ave. Phone: 377-6472
Monday-Friday 12:00 - 4:00 pm
This is a multi-room site which allows for many different activities: billiards, bingo, sing-along, sewing and crafts, card playing, movies, exercise, yoga, line dancing, shuffleboard, bocce, intergenerational program, and a coffee hour. This center does have a trip committee as well as many parties.

SENIOR GROUP #4

Charles Cola Community Center

945 No Broadway Phone: 377-6483
Mon., Wed., Fri., 12:30 - 4:30 pm
This site offers arts and crafts, bridge, bingo, card playing, drawing, woodcarving, and many parties.

SENIOR GROUP #5

Rauso Post at 178 Waverly St.

Phone: 377-6474
Tuesday 11:00 - 3:00 pm
This site has bingo and card playing as well as many in house parties.

SENIOR GROUP #6

Bryn Mawr Church Hall

20 Buckingham Rd.
Phone: 377-6478
Mon. & Wed. 12:30-4:30 pm
This site has bingo and card playing, and many in house parties.

SENIOR GROUP #7

St. Mark's Hall, 1373 Nepperhan Ave.

Phone: 377-6479
Tues. & Fri. 11:30-4:30 pm
This site has bingo, card playing, watercolor painting classes, and many in house parties.

SENIOR GROUP #8

Runyon House, 21 Runyon Ave.

Phone: 969-2733
Wednesday 10:30 am - 4:30 pm
This site plays cards, tripoly, exercise, bingo, and great parties.

SENIOR GROUP #9

Terrace City Lodge #1499

95 No. Broadway
Phone: 969-9752
Wednesday 11:00- 3:00 pm
This site has bingo and lunch.

SENIOR GROUP #10

Bronx River Rd Community Center

680 Bronx River Rd.
Phone: 377-6486
(Closed Thursdays)
Monday -Friday 11:30 -3:30 pm
This site offers bingo, card playing, exercise, arts and crafts, and parties.
*Lunch program through Office for the Aging, call 377-6822.

SENIOR GROUP #12

Nodine Community Center

140 Fillmore St. Phone: 377-6475
Monday - Friday 12:00 - 4:00 pm
This is a multi-room site which allows for many different activities: billiards, bingo, card playing, tai chi, exercise, yoga, line dancing, bocce, AARP courses, and a coffee hour.

SENIOR GROUP #14

North East Jewish Center Hall

11 Salisbury Rd. Phone: 377-6491
Thursday 12:30- 4:30 pm
This site plays mahjong and has great monthly meetings. They also enjoy going to luncheons.

SENIOR GROUP #15

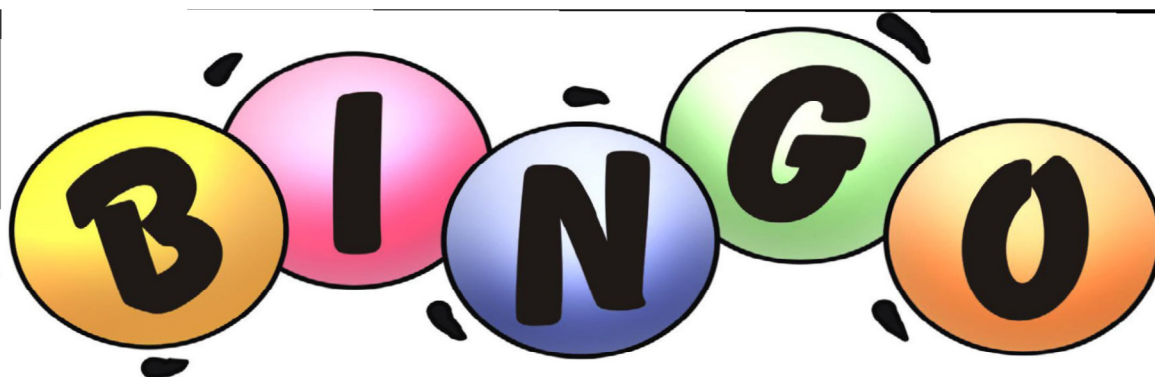
Nepperhan Community Center

342 Warburton Ave.
Phone: 965-0203
Tues. & Thurs. 12:30 - 4:30 pm
This site plays pokeno and tripoly, has exercise and crafts.
* Lunch program through Office for the Aging, call 377-6822

SENIOR GROUP #16

Our Lady of Fatima Church Hall

963 Scarsdale Rd. 377-6492
Mon. & Tues. 12 - 4:00 pm
This site is in a small room with a coffee hour, card playing and bingo.



Bingo is held at the various senior centers and open year round to Yonkers Residents 60 years and older. Sites with a * star may play at an alternate time the first week of the month due to Senior Center Monthly Meetings.

Monday

- * Senior Center 16, Our Lady of Fatima Church Hall, 963 Scarsdale Road, 12:00 pm, 377-6492
- * Senior Center 3, Coyne Park Community Center, 777 McLean Avenue, 12:15 pm, 377-6472
- * Senior Center 2, Will Library Senator Flynn Room, 1500 Central Park Ave, 12:15 pm, 337-1500
- Senior Center 4, Charles A. Cola Community Center, 945 North Broadway, 2:00 pm, 377-6483

Tuesday

- * Senior Center 7, St. Mark's Episcopal Church Hall, 1373 Nepperhan Avenue, 1:00 pm, 377-6479
- * Senior Center 5, Rauso Post, 92 Waverly Street, 1:00 pm, 377-6474
- Senior Center 10, Bronx River Road Community Center, 680 Bronx River Road, 1:00 pm, 377-6486

Wednesday

- * Senior Center 9, Terrace City Lodge #1499, 95 North Broadway, 11:00 am, 969-9752
- Senior Center 8, Runyon Community House, 21 Runyon Ave. 1:00 pm 969-2733
- [once a month usually the 3rd Wednesday of the month]
- Senior Center 12, Nodine Center, 140 Fillmore Street, - 12:00 pm Hotdogs, 1:00 pm Bingo 377-6475
- Senior Center 6, Bryn Mawr Church Hall, 20 Buckingham Road, 12:00 pm, 377-6478
- Senior Center 10, Bronx River Road Community Center, 680 Bronx River Road, 1:00 pm, 377-6486

Thursday

- Senior Center 3, Coyne Park Community Center, 777 McLean Avenue, 12:15 pm, 377-6472
- [once a month usually the 3rd Thursday of the Month is the Big Bingo Bonanza.]

Friday

Senior Center 2, Will Library Senator Flynn Room, 1500 Central Park Avenue, 12:15 pm,
To call this senior center dial 337-1500 press #1 then extension 348.



Winter 2015 Senior Citizen Specialist Program

Let's Get Fit!!!

Registration is free! Please register in person on the first day of the class.

We reserve the right to cancel any class due to lack of enrollment.

Inclement weather? Call the hotline (914) 377-6454 one hour prior to the scheduled class or center opening.

For more information on Senior Programs, please call Marian Marji, Recreation Supervisor at 377-6444.

MONDAYS

Silver Stars Walking & Exercise 11:00 - 12:00 pm
Tibbetts Brook Park - Meet in Gazebo closest to the entrance parking lot. The program combines walking, exercise and socializing for an hour. Walk at your own pace with the group and make some new friends!

Starts April 6

TUESDAYS

Exercise 1:00 - 2:00 pm
Nepperhan Community Center, 342 Warburton Ave.
Feb. 10, 17, 24 March 3, 10, 17, 24, 31
April 7, 14, 21, 28 May 5, 19, 26

Yoga 1:00 -2:00 pm
Nodine Hill Community Center, 140 Fillmore St.
Feb. 17, 24 March 10, 17, 24
April 7, 14, 21, 28 May 5, 12, 19
June 2, 9, 16



WEDNESDAYS

Tai Chi 11:00– 12:00 pm
Nodine Hill Community Center, 140 Fillmore St.
Feb. 18, 25 March 4, 11, 18, 25
Apr. 1, 8, 15, 22, 29 May 6, 20, 27

Exercise 12:00– 1:00 pm
Runyon Heights Community Center, 21 Runyon Ave.
Feb. 11, 18, 25 March 4, 11, 18, 25
April 1, 8, 15, 22, 29 May 6, 20, 27

Exercise 12:30– 1:30 pm
Coyne Park Community Center, 777 McLean Avenue
Feb. 25 March 4, 11, 18, 25
April 1, 8, 15, 22, 29 May 6, 13, 20, 27
June 3

THURSDAYS

Yoga 12:00 -1:00 pm
Coyne Park Community Center, 777 McLean Avenue
Feb. 19, 26 March 12, 19, 26
April 9, 16, 23, 30 May 7, 14, 21, 28
June 4, 11

FRIDAYS

Exercise 12:30 - 1:30 pm
Coyne Community Center, 777 McLean Avenue
Feb. 27 March 6, 13, 20, 27
April 10, 17, 24 May 1, 8, 15, 22, 29

Exercise 1:00– 2:00 pm
Bronx River Community Center, 680 Bronx River Rd
Feb. 6, 13, 20, 27 March 6, 13, 20, 27
April 10, 17, 24 May 1, 8, 15, 22



Winter 2015 Senior Citizen Specialist Program

Let's Dance!!!

Registration is free! Please register in person on the first day of the class.

We reserve the right to cancel any class due to lack of enrollment.

Inclement weather? Call the hotline (914) 377-6454 one hour prior to the scheduled class or center opening.

For more information on Senior Programs, please call Marian Marji, Recreation Supervisor at 377-6444.

LINE DANCING!!

MONDAYS

Line Dancing *Instructor: Diane*

12:30– 1:45 pm

Coyne Park Community Center, 777 McLean Avenue

2nd, 3rd, and 4th Mondays of the Month

Dates: March 9, 16, 23

April 13, 20, 27

May 11, 18

June 8, 15, 22

Line Dancing *Instructor: Diane*

12:30 pm – 1:45 pm

Charles A. Cola Community Center, 945 No. Broadway

1st Monday of the Month

Dates: March 2, April 6, May 4, June 1

FRIDAYS

Line Dancing *Instructor: Diane*

12:45 pm – 2:00 pm

Nodine Hill Community Center, 140 Fillmore Street

Dates: March 6, 20, 27

April 10, 17, 24

May 1, 8, 15, 22, 29

June 5, 12, 19, 26



Coyne Park Dancers *Volunteer Instructor: Barbara*

This group meets year round

on Fridays at 1:30 pm at

Coyne Park Community

Center. Some dance

experience is preferred.

Dancers who enjoy

performing are encouraged to
join!





Winter 2015 Senior Citizen Specialist Program

Arts & Crafts

Enjoy a series of Arts and Crafts classes with **Instructor Joanna Cardilli!**

REGISTRATION: Phone in – call the location of the class and register your name with the Senior Leader. Space is limited. Registration is free and open to all residents Sixty Years of age and older.

*We reserve the right to cancel any class due to lack of enrollment. Classes are not held on federal holidays.

Enjoy classes at these four locations; each session is five classes:

Location 1: Charles A. Cola Center, 945 North Broadway
Mondays 1:30 – 3:30 PM – **March** 16, 23, 30 **April** 6, 13

Location 2: Coyne Park Community Center, 777 McLean Avenue
Tuesdays 1:30 – 3:30 PM – **March** 17, 24, 31 **April** 7, 14

Location 3: Runyon Heights Community Center, 21 Runyon Avenue
Wednesdays 1:30 – 3:30 PM – **March** 18, 25 **April** 1, 8, 15

Location 4: Nepperhan Community Center, 342 Warburton Avenue
Thursdays 1:30 – 3:30 PM – **March** 19, 26 **April** 9, 23, 30 (No Class 4/2)

Location 5: Nodine Hill Community Center, 140 Fillmore Street
Fridays 1:30 – 3:30 PM – **March** 20, 27 **April** 10, 17, 24 (No Class on 4/3)

Location 6: Bryn Mawr Church Hall, 20 Buckingham Road
Mondays 1:30 – 3:30 PM – **April** 20, 27 **May** 4, 11, 18

Location 7: Bronx River Road Community Center, 680 Bronx River Road
Wednesdays 1:30 – 3:30 PM – **April** 22, 29 **May** 6, 13, 20





Winter 2015 Senior Citizen Specialist Program



Water Color Painting



Create some great pieces of art work to share with your family and friends with **Instructor Jean Liggio**
The class meets for 15 sessions at St. Mark's Episcopal Church Hall , 1373 Nepperhan Avenue
every Friday for two hours from 12:00 pm – 2:00 pm beginning October 10

Dates: February 27
March 6, 13, 20, 27
April 10, 17, 24
May 1, 8, 15, 22, 29
June 5, 12



Drawing and Sketching

Create some great pieces of art work to share with your family and friends with **Michael Cuomo**

Location One:

Charles A. Cola Community Center
945 North Broadway
Wednesdays 12:00– 2:00 PM

Location Two:

Nodine Hill Community Center
140 Fillmore Street
Thursdays 1:00– 3:00 PM

February 4, 11, 18, 25
March 4, 11, 18, 25
April 1, 8, 15, 22, 29
May 6, 13



February 5, 19, 26
March 5, 12, 19, 26
April 2, 9, 16, 23, 30
May 7, 14, 21